

Restorative Spine Class

Fall Session Starting: Tuesday, September 7th, 2015
Tuesdays & Thursdays at the West Family YMCA
in the Upstairs Studio (Runs 6 weeks)

Time: 2:30-3:30 P.M.



This Spring Session runs from September 7th through October 15th.
Space is limited.

\$30.00 for YMCA members, \$60.00 for non-members.

- Non-members must fill out the YMCA Program Application Form.
- All participants must fill out Pre-entry Form.
(Providing important information about the participant to the instructor)
- Participants must be able to get up and down from the floor independently.
- This class is not a substitute for physical therapy.

If you have questions or would like to register for the Restorative Spine Class.
Please contact: Mary Biddle-Newberry @ 344-5502 ext 276.